What's New?

A newsletter for Residential Living at Tel Hai Community

Join us for these weekly events:

***Unless otherwise noted by activity coordinator**

Every Monday

10:00 AM to 12:00 PM – Drop off donations and open for shopping at Resale Shop: HZ
1:00 PM – Canasta: Conservatory
7:00 PM – Pinochle: HCSR

Every Tuesday

Trash pick-up day, please have out Monday night
9:00 to 11:00 AM – Clinic Hours with Nurse Sara. Free blood pressure screenings provided: SCHS
9:00 AM to 11:30 AM – Woodcraft Shop is open. Bring your items that need a repair: Drop off at WS
9:30 AM – Uke-and-Friends Band Practice: ADS
2:00 to 4:00 PM – Color with Me: DB
7:00 PM – Men's Bible Study: GR

Every Wednesday

1:00 PM – Mahjong – all are welcome to come: Conservatory
1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others): AOE
7:00 PM – Bridge: DB

Every Thursday

10:00 AM – Bible Discussion Group: THSR
1:00 to 3:00 PM – Train Room is open for visitors *Except second Thursday
3:00 PM – Mindfulness Meditation: Theater
6:30 PM – Canasta: Daily Brew

Every Friday

10:00 AM GriefShare – HCCR (except first Friday)

Every Sunday

9:00 AM – Chapel Service: Channel 968 and in-person attendance at CWPA
10:30 AM – Chapel Service: Channel 968 and in-person attendance at A/C

What's New? For September 2022

Thursday, September 1
10:30 AM – Veterans Coffee Hour: MR
2:00 to 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying good conversation. All are welcome: Conservatory

Tuesday, September 6
2:00 to 4:00 PM - Chess Matches: HCSR

Friday, September 9
5:00 PM - Dinner and a movie: StoneCroft

Monday, September 12
Washington, DC Trip – departure time is 6:30 AM - please arrive at Grandview Commons no later than 6:15 AM to check in and get luggage on the coach. We return to Tel Hai the evening of Wednesday, September 14.

Tuesday, September 13
12:00 PM – WEL (Widows Enjoying Lunch): MDR

Thursday, September 15
►Submissions for the October What's New? are due by today. Submit articles to whatsnew@telhai.org
10:00 AM - Community Bible Study: CWPA
10:30 AM – Veterans Brunch/speaker Will Gaul: MR
2:00 PM - Catholic Mass: A/C
2:00 to 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation. All welcome: Conservatory

Friday, September 16
9:00 AM to 1:00 PM – Resale Shop open
7:30 PM - Tel Hai Performing Arts Series featuring, "Beasts of Sound" with Percussionist David Sabella and Pianist, Reid Simmons (David is the grandson of Dave and Ginger Schramm, cottage residents): CWPA

Monday, September19

2:30 PM – John Vogel presenting a talk on Medicare Fraud & Abuse – after a short presentation, there will be time for questions: CWPA

Wednesday, September 21

10:00 AM - Oberammergau Trip Presentation: CWPA

2:00 PM - An Afternoon of Song: CWPA

Empty Bowls Project

Thursday, September 22

6:00 PM – Depart for Fulton Plays from SC, and at 6:15 PM from GCC – Members Only.

Friday, September 23

7:00 to 9:30 PM – Dance Night with DJ. Enjoy dancing to tunes you love or just come for the music and tap your feet in your seats. Should be a fun night for all. Tables will be set up and you may reserve your table by 12:00 PM. Bring a snack that evening to share with those at your table.

Monday, September 26

11:00 AM – "Jesus in the Galilee" Bible Study with Pastor Dave: GR

2:30 PM CWPA – Author Barbara Shamp, a finalist in the Next Generation Indie Book award, will speak to us about her contemporary mystery/suspense novels.

Tuesday, September 27

8:45 AM – Arrive at Grandview Commons for Watch & Clock Museum Trip for check-in and boarding of coach. Departure time is 9:00 AM. Reservations needed.

Wednesday, September 28

11:00 AM – Tel Hai Choir Rehearsal Kick-off – CWPA

Time/Location - Empty Bowls Project – completion of the bowls that were begun on the 21st.

Friday, September 30

7:00 PM – "Operation Mincemeat" Movie: CWPA

GENERAL ANNOUNCEMENTS

World Mental Health Day

World Mental Health Day is coming up in October! Psychologist Dr. Janine Winner and her doctoral students will be visiting Tel Hai on Wednesday October 12th in the CWPA to provide education and individualized cognitive screening exams called the MOCA; The Montreal Cognitive Assessment evaluates cognitive domains such as attention, concentration, memory, language, and more. This exam has 30 questions and takes about 15 minutes to complete. It can help professionals determine whether someone's thinking ability may be impaired and if further follow-up is necessary. Appointment slots are limited, so please contact Caroline Cooley at extension 2762 or ccooley@telhai.org to book a 20 minute appointment between the hours of 9am and 12pm.

Save the date:

Saturday, September 24, Lanchester Landfill is holding its annual open house from 9:00 AM to 1:00 PM. Located on Rt 322, two miles west of Honey Brook, this is a unique and fun opportunity to learn more about this local site. Free narrated bus tours of the facility and good food are part of the day. Contact for more info: 800-626-0067, ext. 225.

Woods Edge Block Party

Woods Edge Block Party **Tuesday, September 20 in CWPA**. Bring dishes between 4:30-4:45 PM. Label utensils and dish. Bring K cup for Keurig machines. Starting at 5:00 **PM**.

Thank You

Thank you to everyone who sent cards and prayed for me and my family over the time of Ray's sickness and death. Words cannot express my appreciation. Thank you – Dolores Hess

WE ARE BACK !

Don't miss our Annual Ladies Luncheon Wednesday, October 19. This year we will be hosting "Fall Into Fashion", a popular Ruthie's

Fashion Show & Luncheon. Flyers will be posted soon. Sign-up sheets will be in the RBC's on September 12th until September 26th. Let's all get back together after our two-year hiatus !

Fall Watercolor Classes:

Looking forward to Fall Watercolor Classes :
Will be starting in October on Thursdays, 10:00 AM to 12:00 noon in the Art Of Everything, AOE. Consider joining us for a relaxing, creative time together. For Information call: Loretta Gable Englerth @ 610-324-2776.

Political Activites

September brings with it another active political season. Because Tel Hai is a 501(c)(3) not-for-profit organization, residents and team members are required to observe some restrictions that apply to on-campus political activities. Tel Hai residents and team members clearly have the right to free expression on political matters and public policy when they speak, write, distribute information, attend governmental meetings, support or oppose candidates, support or oppose legislation or engage in any other related political or legislative activity. However, Tel Hai residents and team members may not:

a) use Tel Hai assets (i.e. photocopy machine, phones, mailboxes, resident lists), facilities, staff or Tel Hai volunteers, public spaces for literature display or any other political or legislative activity
b) represent that individual positions held concerning candidates or legislation are those of Tel Hai Retirement Community
c) compose lists for public posting or public dissemination among residents of candidates running for public office because placement of names in such listings often raise accusations of bias that the preferred candidate appears first in the list or otherwise preferred placement

If you have questions on the application of this policy, you may contact Tim Herr who serves as Tel Hai's Compliance Officer at Therr@TelHai.org or 610-273-9333 ext. 2009.

Community Bible Study

There are a few more available slots for our 2022-2023 Community Bible Study, starting in September. This is an in-depth bible study and we are studying Daniel and Revelation this year. We meet on Thursdays from 10:00 to 11:30 AM. If interested, please contact Bebe Holland, bebeholland28@gmail.com or 610/999-7907 for registration information.

Tel Hai Ukulele Band

Tel Hai Ukulele Band will be performing at the Honey Brook Festival on **Saturday, September 17, 2022,** from 11:00 AM to 12:00 noon. The band would like some audience support for our off-campus adventure. For more information, call Jim Siewert at 610-273-4029 or cell 267-615-1089.

Great Decisions

It's September, and Great Decisions will return from summer hiatus for the monthly meeting on Tuesday, September 20 @ 1:00 PM in the Scalies Dining Room. Sponsored by the "Foreign Policy Association", G.D. is a group of residents that convenes monthly to discuss foreign affairs, with occasional digressions into related topics. This month's topic is "No End in Sight - A Century of Drug Wars." Other topics this year have included, but not limited to, "Putin's Russia," "Outer Space Policy," and "Foreign Policy, Economic Policy, and Outer Space."
Festivities begin with a DVD wherein the topic is discussed, and both libraries have copies

of the "Great Decisions" magazine, so you will not be behind. We will be meeting on the third Tuesdays @ 1:00 PM during October and November as well.
For more information, call/write Bill Morling, 273-4165/wmorling@comcast.net for more information. We will have openings next year, so stop by and sign up.

Block Party for Dogwood & Hertzler Drives

Saturday, September 17, at 4:00 PM: All residents of Dogwood and Hertzler Drives are WELCOME. If you haven't already RSVP'd, please do so to Lesley Durr at 206 Dogwood Drive. Dinner is potluck. Please tell us what food you are bringing by signing up in the Garrett Business Center from Sept. 1 through Sept. 10. Each dish/item should serve 4-8 people. Watch Channel #965 for additional information. Questions? Bunny Toscano at 484-722-8277 or Lesley Durr at 484-722-8436.

What's New? Deadline

The LAST DAY to submit articles for the **October** What's New? is Thursday, September 15. Email your article to whatsnew@telhai.org.

WORSHIP

Sunday Chapel Services in the A/C have resumed to in-person. All Residents must screen at the Chapel Lobby and are required to wear a mask.

HEALTH & WELLNESS

McCormick Chiropractic

McCormick Chiropractic is available for appointments. Call directly to inquire and to schedule an appointment; 610-705-0201.

Dr. Lori Wilde – Podiatry

Mondays in LVHS and Fridays in SCHS. Appointments required. Call Dr. Lori directly to schedule an appointment; 215-696-6078.

Amanda Rock – Financial Planner

Amanda is available for appointments on campus. Please call her directly to schedule an appointment; (800) 626-1190.

OnSite Dermatology

OnSite Dermatology is available for appointments in the SCHS. Call directly to schedule an appointment; 1-877-345-5300.

Massages at StoneCroft Health Suite

Massages are available by appointment only Tuesday, September 6, 1-4 PM and Mondays, September 12, 19 & 26 from 11 AM - 4 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

Gentle Flow Yoga

Interested in/curious about Gentle Flow Yoga? A new 8-week session will begin after Labor Day. Judy Beaulieu has been teaching Yoga since 2012. Her nursing background enables her to teach Yoga with a therapeutic approach toward helping people manage Chronic Pain, arthritis and overall healing from injuries and surgeries. She has a devoted group of residents who have been taking her classes since she began at Tel Hai in 2016. Classes meet Mondays in the StoneCroft Group Exercise Room, 9-10 AM and 10:30-11:30 AM. Each 8-week session costs $64 and is billed to your Tel Hai account. Reservations must be made as class size is limited. Contact Gwynne at gjohnson@telhai.org or ext. 2441 for more information.

VisionCorps

Are you or a friend/relative having trouble reading up close or seeing at a distance? Is it hard to do your daily activities like cook, pay bills, or go out shopping? VisionCorps is a nonprofit organization that serves to empower

those with vision loss and blindness to attain independence. If you are interested in learning more about VisionCorps, please attend their presentation on Friday, September 2nd from 1:00 to 2:00 PM in the Stonecroft CWPA.

Tai Chi

Tai Chi will continue on Thursdays from September 1 – October 20. This 8-week session will be $30 and will be billed directly to your Tel Hai account. All classes will be held on Thursdays, with two time options (11:45 AM-12:45 PM or 1:00-2:00 PM). Registration begins Monday, August 22, 8:00 AM. Registration must be made with Gwynne and will be determined by the time of receipt. Please communicate class preference when registering. Email is preferred: gjohnson@telhai.org or by phone at extension 2441.

CAMPUS SPECIAL EVENTS

September is Falls Prevention Awareness Month.

Join us for a Coffee and Clarity with our therapy team on **Tuesday, September 6: 10:30 AM**, CWPA. Join Ashley Spangler, OT and Chris Davidheiser, PTA for a presentation on Falls Prevention. They will review the basics of falls, how medical history and medications can affect falls, what you can do to improve your fall risk, and what to do after a fall.

Empty Bowls Project

Empty Bowls is a national organization that has been supporting events since 1990. An Empty Bowls event involves members of the community creating ceramic bowls and then serving a simple meal of soup and bread in the bowls. Those attending the event take the bowl home as a reminder that there are always "empty bowls" in the world. In the past, this local event was held in the fall at a local church, and all proceeds go to the Twin Valley Food Bank. Jill Moyer and Sue Moore will lead the "Empty Bowls" project by helping our residents and team members make bowls in the Fireside Ceramics Center in StoneCroft. We need bowl makers, and it requires two classes. Class dates are Wednesdays, September 21 & 28. Sue and Jill will hold Class A on the mornings of September 21 and 28 from 9 to 11 AM, and Class B on the afternoons of September 21 and 28 from 1 to 3 PM. If interested in making a bowl, contact Judy and sign up for Class A or Class B. Judy can be reached at 610-273-9333, ext. 2154 or jschweitzer@telhai.org.

Library Book Sale

Monday, October 3 in both the Garrett and StoneCroft. You will find the tables near the Daily Brew in Garrett and outside the Resident Business Center in StoneCroft. The money earned from the sale goes toward new books in the Garrett Library. Check out the Garrett Library for new displays and new books. Thank you for your support. Tables will be removed Friday, October 14.

Save the Date – Holiday Bazaar

The annual Holiday Bazaar will be Saturday, November 19 from 10:00 AM to 2:00 PM. Priority registration for residents/staff members begins Thursday, September 1 through Friday, September 16. Registration for the broader community begins Monday, September 19. Registration forms may be found in both RBCs on Thursday, September 1, or you may contact Judy at jschweitzer@telhai.org for an emailed copy, but not before Sept. 1.

Honey Brook Presbyterian Church

Wednesday, October 26, 11:30 AM - The Honey Brook Presbyterian Church invites everyone to join them for conversation, eating together (bring your own lunch) and communion. GR.

GriefShare begins September 9th

The Fall session of **GriefShare**, a 13-week support group for those who have recently lost a loved one, begins on **Friday, September 9th at 10:00 AM in the Hillcrest Conference Room, 2nd Floor.** This group is open to all residents, staff, and their family and friends. The group consists of video teaching, small group discussion, and a workbook. There is a $15 cost for the workbook. Scholarships are available. For more information or to register, please contact Chaplain David Hicks at x-2443.

An Afternoon of Song

An afternoon of song is happening September 21st at 2:00 PM, in the CWPA. The audience will be singing songs of the 1930s to 1970s, aided by words on the screen. There will be a few special resident presentations. Uplift your spirits by joining in song with other Tel Hai residents in this new monthly series!

"Jesus in the Galilee" Bible Study

Using photos and information from locations around the Sea of Galilee, Chaplain David Hicks will explore the ministry of Jesus in the Galilee and what it means for us today. This 12-week study will meet on Monday mornings beginning **Monday, September 26th at 11:00 am in The Gathering Room (Garrett).** For more information please contact Chaplin Hicks at ext. 2443

Choir resumes

Do you love to sing? The Tel Hai Choir is preparing to kick off the new choral season and would love to have you join us. This 20 - voice choir always has room for new members. One hour rehearsals begin **Wednesday, September 28th at 11:00 am in the CWPA (Stonecroft).** For those who are already members of a local church choir, we do not sing on Sunday morning so there would not be any conflicts to your home choir. For more information or to sign-up please contact Chaplain Hicks at ext. 2443.

Oberammergau Trip Presentation

Come hear about Tel Hai's recent trip to Bavaria and Oberammergau where the once a decade Passion Play was held. Take a virtual tour with us of the castles, churches, quaint villages and spectacular Countryside. This one-hour presentation will be held **Wednesday, September 21st at 11:00 am in the CWPA.**

Chess Matches

Dust off your chess set and bring it to Hill-crest Social Room (4th floor) on Tuesday, September 6th from 2:00 to 4:00 PM. All skill levels welcome. Questions, contact Ted Mann at manntm@msn.com

The Caregiver Support Group

The Caregiver Support Group will be held on Thursday, **September 22 from 2:00-3:00 PM** in the Grandview Commons. Please contact Caroline Cooley if you have any questions, extension 2762 or ccooley@telhai.org

Main Line Health Presents: "Colonoscopy After 75"

Are colonoscopies necessary after age 75? Is age the only factor used in deciding when you can safely stop this important preventive test? Join Julia Sharpe, BSN, CGRN, an experienced Certified Gastroenterology Registered Nurse, who will discuss this question. As a Main Line Health endoscopy nurse at Paoli Hospital, Julia will also answer your other gastrointestinal questions. **Join us on Tuesday, September 13th from 2:00-3:00 PM in the CWPA**. Please RSVP to Caroline Cooley at extension 2762 or ccooley@telhai.org by September 6th.

Dinner and A Movie

Friday, September 9 @ 5:00 PM -- Special Event: Dinner and a Movie. Pub Dinner at 5 PM followed by a long-awaited movie. Dinner reservations closed August 31st. Dining dollars will be charged for your meal. The Stone Hearth Grille will be closed for this CWPA event. Transportation for dinner from Garrett to SC and back after the movie will be provided: CWPA

7:00 PM -- Movie, "Downton Abbey: A New Era": Residents who did not sign up for the pub dinner may attend the movie at no charge: CWPA

September Movies:

Friday, September 9th, CWPA, 7:00 PM: Downton Abbey: A New Era. The Crawleys and their staff welcome a movie crew and their glamorous stars to Downton Abbey for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. Hugh Bonneville, Jim Carter, Michelle Dockery, Elizabeth McGovern, Maggie Smith, Imelda Staunton, and more. 2022. PG. 2 hr. 5 min.

Friday, September 30th, CWPA, 7:00 PM: Operation Mincemeat. In this fact-based drama, two British intelligence officers come up with a far-fetched scheme to trick the Nazis into thinking the Allies will launch an attack on Southern Europe through Greece rather than Italy. Colin Firth, Matthew Macfadyen, Kelly Macdonald, Penelope Wilton. 2022. PG-13. 2 hr. 8 min.

October Movies:

Friday, October 14th, CWPA, 7:00 PM: Where the Crawdads Sing. Kya is an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. Daisy Edgar-Jones, Taylor John Smith. 2022. PG-13. 2hr 5 min.

Friday, October 28th, 7:00 PM: The Phantom of the Open. Based on a true story! Maurice Filtcroft doesn't pick up a golf club until he's in his 40s, but that doesn't thwart his ambitions in this charming biopic. Posing as a pro golfer, Flitcroft gains entry to the 1976 British Open, despite never having played a full round. Mark Rylance, Sally Hawkins. 2022. PG-13. 1hr 42 min.

Honey Brook Food Pantry

The Volunteer Engagement Committee is happy to host another drive benefiting the Honey Brook Food Pantry. We will be collecting items that are NOT covered by SNAP benefits (food stamps). Items needed include: soap, shampoo, toothpaste, toothbrushes, feminine hygiene products, shaving cream, deodorant, saran wrap, aluminum foil, Ziploc type bags, cleaning products (NOT laundry detergent please, as there is a donor who provides this). The drive will run from Thursday, September 1st until Friday, September 16th. Please place your items on the tables located in the Garrett Community Center and StoneCroft. And thank you for helping to ease the burden felt by so many in

our local community. If you would like to help sort and pack the items, please contact Erika Snyder ext. 2010 or esnyder@telhai.org.

Book Club

Our next meeting will be on Monday evening, September 19th at 7:00 p.m. in the Conservatory at Brownstone. Discussion of "West with Giraffes".

Novice Billiards Class

Wednesdays at 6:30 PM, StoneCroft pool table - must sign up in advance. Contact Bob LaDrew at bonkersboy@gmail.com or 484-722-8395.

WEL (Widows Enjoying Lunch)

Tuesday, September 13, 12:00 PM: Magnolia Dining Room. Come and meet some of your neighbors, make new friends, share stories together, and have a laugh or two. We meet on the 2nd Tuesday of the month at noon. Please bring your lunch and beverage. To learn more about this social group, and to make a reservation, contact fellow resident Bebe Holland at 610-999-7907 or email bebeholland28@gmail.com.

Newbies Lunch

Welcome to Tel Hai's newest residents. Those residents who have joined our community in the last few years are the Tel Hai Newbies. The Newbies meet and mingle once a month. Friday, **September 23rd at Noon** in Grandview Commons will be the next meeting. This is a "Brown Bag" lunch visit and you are encouraged to bring your lunch from home or pick something up at StoneHearth Grille before the meeting. Please bring along any questions you have about Life on the Hill. We'll share information and get you answers to your questions. Come ready to make new friends and uncover common interests! Contact Margaretmary Sommar at 484-364-0837.

Alzheimer's Association Series - Sept.

Please join us on **Tuesday, September 27th from 2:00 to 3:00 PM** for an in—person presentation on "Dementia Conversations" in the CWPA. Please contact Caroline Cooley at extension 2762 or ccooley@telhai.org if you are interested in attending.

ART TASK FORCE DISPLAYS October and November

Garrett Community Center Display – will transform into our "Cabinet of Curiosities" for October and November. If you have any unusual, one-of-a-kind items from your life or from your travels, please consider displaying them for all to see! Contact Erika, ext. 2010 or esnyder@telhai.org.

StoneCroft Display Case – is looking to present a "Fall Décor" theme for October and November. If you have any fall items; cornucopia, decorative pumpkins, scarecrows, etc., please contact Erika ext. 2010 or esnyder@telhai.org so they can be added to the display.

Life Enrichment Series

Offer Transportation

We would like to see if we are able to offer transportation to the lectures for those that are not able to find a ride. Please contact Judy, ext. 2154 if you would like to attend a lecture(s), and we will work on this. We don't want to offer something that is not needed, and advance notice is helpful.

John Vogel – Medicare Fraud & Abuse

Monday, September 19, 2:30 PM, CWPA

Mr. Vogel will give you tips on how to Protect, Detect & Report fraud. The length of the presentation is about 30 minutes, and then there will be time for questions and answers.

Author Barbara Shamp

Monday, September 26, 2:30 PM, CWPA

We'll hear Author Barbara Shamp, who penned the contemporary mystery/suspense novel, *Third Haven*, and a sequel called *The Grist Mill Bone* — a finalist for the Next Generation Indie Book Award. Shamp's most recent entry to the book market is a highly researched work of historical fiction set on the Delmarva Peninsula. Hear her interesting story of hardship and how she started her writing career.

Reporter Chad Umble

Monday, October 3, 2:30 PM

Chad Umble is a reporter for LNP, and he will discuss how he landed his job, what it's been like to cover news in his hometown, and how the job has changed since the early 2000's. He'll share insight into how several of his own recent stories were selected and written, and will describe his most memorable experiences as a reporter. He will also describe the recent story that got him started on a book project on Amish-born artists Abner and Aaron Zook, and detail what he has learned so far about the brothers and their 3D carved and painted works which have recently fetched $40K-plus at public auctions.

Bruce & Barbara McCleary – Armchair Travelogue

Jeff Heim – Islam (a five-week course)

Mondays, October 17, 24, 31, Nov. 7 & 14

The first two sessions will focus on the origins of Islam plus a deeper understanding of terms such as Jihad, Sunni, Shia and Caliphate. Members of the local Muslim community will present classes 3 & 4 on beliefs, practices, gender & family. The 5th class will be a time for questions and answers to discuss further topics that members of the class wish to ask. The real opportunity is face to face open and friendly interaction. Jeff Heim, instructor, is a Christian. The cost for this course is $20 per person (you will be billed), and we will ask you to sign up in one of the Resident Business Centers located in both ~~the~~ Garrett and SC when the sheets are posted early October.

TRIPS

** Brochures for trips are available in the Resident Business Centers. **

Tuesday, September 27 – Watch & Clock Museum/lunch/Turkey Hill Experience. Last call as we need more participants for this trip to happen.

December 20 & 27 – American Music Theater Christmas Program and lunch at Hershey Farm Restaurant & Inn. Look for brochures in the trip bins at both Resident Business Centers – the December 20th trip is full, but we do need a good waiting list. There is still room on the Dec. 27 trip.

TEL HAI PERFORMING ARTS

Beasts of Sound Percussionist David Sabella and Organist Reid Simmons

Friday, September 16, 7:30 PM

StoneCroft CWPA - Beasts of Sound is a musical duo featuring David Sabella (percussionist) and Reid Simmons (organist). They enrich their audience by performing exciting, diverse, new repertoire written and arranged for multi-percussion and organ. (*A Tel Hai Performing Arts Series Event.)* Please note: Mr. Simmons will be playing piano for our concert. Shuttle from the Garrett beginning at 6:45 PM.

From Bach to Barry Manilow

Pianist Jeffrey Uhlig & Clarinetist Doris Hall-Gulati

Friday, October 7, 7:30 PM CWPA

Tel Hai favorite Jeffrey Uhlig returns for a captivating and intimate evening of music with

Doris Hall-Gulati. Hall-Gulati is Principal Clarinet in The Chamber Orchestra of Philadelphia, Bass Clarinetist in the Opera Company of Philadelphia, is an Artist in Residence at Franklin and Marshall College and on the faculty of the Lancaster Bible College. Shuttle from the Garrett beginning at 6:45 PM.

Bow Tree Brass

Thursday, October 27, 7:30 PM CWPA

This brass quintet is very similar in style to the Canadian Brass. In fact, they play several of their arrangements. The lighthearted musical ensemble will be performing an "Around the World" program. They will begin the journey in the US, cross the Atlantic and proceed around the globe with musical selections that represent 12 different countries. All the while, they will introduce each with information about each piece which is sure to add to the overall entertainment of the program. They promise a fun-filled program for all and look forward to spending the evening with us. Shuttle from the Garrett beginning at 6:45 PM.

Chester County Youth Orchestra

Wednesday, November 16, 7:30 PM CWPA

Lukens Band

Tuesday, November 29, 7:30 PM CWPA

FOR YOUR INFORMATION

** A complete calendar of events is located on the Resident Portal! Check it out on your smartphone, tablet, or computer!

** Tune to **Channel 965** for the daily information slides.

** Tune to **Channel 968** for live streaming of Sunday chapel services. All other programs will be only in-person unless otherwise noted.

At the time of publication, this edition of ***What's New?* is as accurate as possible. Any corrections required, will be shown on Channel 965.

ABBREVIATIONS KEY

Garrett CC, Lakeview and Healthcare Center

A/C – Auditorium/Chapel
ADS – Adult Day Services
AZSQ – Azalea Square Dining Room
DB – Daily Brew
FR – Friendship Room (3rd fl. Hillcrest)
FTR – Fitness Room
GCC – Garrett Community Center
GR – Gathering Room
HCR(2) –Hillcrest Conference Room (2nd floor)
HCSR – Hillcrest Social Room (4th floor)
HZ – Hertzler
LV – Lakeview
LVHS – Lakeview Health Suite
MP – Mantel Pointe (fireplace in GCC)
MDR – Magnolia Dining Room
RBC – Resident Business Center
TH – Tel Haven
THSR – Tel Haven Social Room

StoneCroft (SC) – Ground Floor

SCHS – StoneCroft Health Suite & Therapy area
SCAC – StoneCroft Aquatics Center & Pool
SCWFR – StoneCroft Watson Fitness Room
SCGER – StoneCroft Group Exercise Room

StoneCroft (SC) – 1st Floor

AOE – Art of Everything Room
FCC – Fireside Ceramics Center (includes pottery)
SPDR – Scalies Private Dining Room
BN – The Book Nook
CWPA – Center for Worship & Performing Arts
SC Dining Area – SC Grille (informal)
SC Outdoor Patio – The Terrace

Brownstone
Train Room – 1st Floor
Theater – 2nd Floor
Textile Arts Room – 3rd Floor
Conservatory – 4th Floor

Grandview Commons (GVC) – across from SC
Hillside Amenities – bocce, tennis, pickleball courts

Watch Out for Wellness

Ladies Luncheon Committee

Do you love to entertain? Here's your opportunity. Openings available for the Annual Ladies Luncheon Committee. It's a volunteer committee with a three-year term. This group meets to plan themes, menus and decor for our Annual Luncheon. Bring your ideas and get ready for some fun! If interested, please call or text Kathy Salvo at 610-888-5705. or email Ksalvo@msn.com, or any current committee members .

Library & Performing Arts Committee - New Committee Members Needed

If you think you would be interested in serving a three-year term on either the Library Committee or the Performing Arts Committee, please contact Judy at jschweitzer@telhai.org, or phone her at 610-273-9333, ext. 2154. You are invited to sit in on the meetings to see if the committee would be a good fit your you.

StoneCroft Aquatics Center Schedule
September 2022

Labor Day 9/5/2022 Hours; SCAC 7:30am-12:00pm with no classes

Check for updates at the following sources: Phone Hotline 610-273-4050, telhai.org/pool, SCAC entrance signs, Channel 965, and Tel Hai's Facebook.

We apologize in advance for any closures.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Open	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Open/ Lap Swim	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Spa	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Water Fitness Classes 3 lanes	**Aqua Aerobics** 9:30am-10:30am **Arthritis** 10:30am-11:30am	**Deep Water** 9:15am-10:00am	**Aqua Aerobics** 9:30am-10:30am **Arthritis** 10:30am-11:30am	**Deep Water** 9:15am-10:00am	**Aqua Aerobics** 9:30am-10:30am **Arthritis** 10:30am-11:30am	**Deep Water** 9:15am-10:00am	Closed
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:00am-9:05am 10:15am-11:35am	Closed
Swim Team	None				None	None	Closed

Updated 8/13/2022

StoneCroft Aquatics Center Policies & Swim Team Information

Pool rules:

*Lifeguard on duty is in charge
*Pool waivers must be signed
*Please use deck showers to rinse off
*No running
*No diving
*Children must be fully potty-trained or in swim diapers to be in the pool.
*Children under 5, non-swimmers, must have adult in pool with them. Parent can only take non-swimmer as far as parent can stand
*Children over 5, without an adult in pool, must pass test
*No food on deck
*No glass containers on deck
*Non-swimmers must wear Coast Guard approved lifejackets
*Lap lanes are for lap swimmers, lessons & swim teams only
*Proper swim attire- no street clothes
*Water Fitness equipment is for water fitness only (barbells & gloves)
*Starting blocks for swim team & lessons only
*Must be 18 years old to use spa
*Shoes and proper attire are required to leave area
*No shaving allowed on site
*Pull cords for emergencies only

Swim meet schedule:

Swim Teams have concluded for the season.

Swim Team Contact info:

Upon Request

Swim Lane Etiquette

Lap swimming etiquette:

How to share a lane:
*Make sure the other swimmer is aware you are joining them in lane.
*More than 1 swimmer per lane - swimmers choose a side, or you both choose to circle swim.
*More than 2 per lane- Circle swimming only by all in lane.

25 Yard Pool
100 yards = 4 lengths
500 yards = 20 lengths
1,000 yards = 40 lengths
1,760 yards (mile) = 71 lengths

Update Hotline- 610-273-4050

Call for schedule changes or in case of severe winds, thunder, lightning, snow, ice, tornado warnings, etc.

*We do not offer credits/make ups for missed lessons, memberships, or swim team practice for inclement weather, school functions, vacations, minor illnesses.

Thunder/lightning- Pool must be cleared, every strike/boom will result in 30 minutes additional closure. If during lessons, our instructors will run deck safety lessons until pool can reopen, or lessons are cancelled.

2 hr TVSD/CASD delay- Pool opens at 9am, classes running will be determined by weather.

Early Dismissal- No evening programming, pool closes at 5pm or earlier weather dependent.

School Closures:
Morning- Opening time and classes determined by weather.

Evening- Will be reevaluated by 2pm, information will be updated on hotline by 1pm.

Weekends- Any delayed openings or closures will be on hotline.

Please visit www.telhai.org/pool or call 610-273-9333 ext. 2441 for more regarding the following information
Membership information- Daily, 10 visit punch cards, monthly and quarterly memberships available for purchase. Family, Couple, and Individual options are available. Memberships are not required for swim lesson participation.

September 2022 Aquatic Schedule

SCAC = StoneCroft Aquatics Center **GCCP** = Garrett Community Center Pool

Labor Day 9/5/2022 Hours; SCAC 7:30am-12:00pm with no classes and GCCP 7:30am-11:00am with no classes

For schedule updates check the following sources: Channel 965, Phone Hotline 610-273-4050, telhai.org/pool. Additionally, for SCAC updates, check SCAC entrance signs and Tel Hai's FaceBook.

We apologize in advance for any closures.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	***SCAC:*** 7:30am-12:00pm ***GCCP:*** 7:30am-9:30am	***SCAC:*** 7:30am-12:00pm 1:00pm-6:00pm ***GCCP:*** 1:15pm-2:15pm	***SCAC:*** 7:30am-12:00pm 12:30pm-3:00pm ***GCCP:*** 7:30am-9:30am	***SCAC:*** 7:30am-12:00pm 1:00pm-6:00pm ***GCCP:*** 1:15pm-2:15pm	***SCAC:*** 7:30am-12:00pm 12:30pm–3:00pm ***GCCP:*** 7:30am-9:30am	***SCAC:*** 7:30am-12:00pm ***GCCP:*** 9:00am–11:00am	***SCAC:*** Closed ***GCCP:*** Closed
Spa	**Open to Close**	**Open to Close**	**Open to Close**	**Open to Close**	**Open to Close**	**Open to Close**	**Closed**
Water Fitness Classes	***SCAC:*** Aqua Aerobics **9:30-10:30am** Arthritis **10:30-11:30am** ***GCCP:*** Aqua Aerobics **9:30-10:30am** Arthritis **10:30-11:30am**	***SCAC:*** Deep Water **9:15-10:00am** ***GCCP:*** None	***SCAC:*** Aqua Aerobics **9:30-10:30am** Arthritis **10:30-11:30am** ***GCCP:*** Aqua Aerobics **9:30-10:30am** Arthritis **10:30-11:30am**	***SCAC:*** Deep Water **9:15-10:00am** ***GCCP:*** None	***SCAC:*** Aqua Aerobics **9:30-10:30am** Arthritis **10:30-11:30am** ***GCCP:*** Aqua Aerobics **9:30-10:30am** Arthritis **10:30-11:30am**	***SCAC:*** Deep Water **9:15-10:00am** ***GCCP:*** None	***SCAC:*** None ***GCCP:*** None
Volley Ball	None	***GCCP:*** *Resident* **2:30-3:30pm**	None	***GCCP:*** *Resident* **2:30-3:30pm**	None	None	None
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:00am-9:05am 10:15am-11:35am	None
Swim Teams	None				None	None	None

Updated 8/13/2022

September 2022 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 – 11:00am Tennis Grandview Commons *Drop in*	**9:00am – 11:00am** Pickleball Grandview Commons	**9:00 – 11:00am** Tennis Grandview Commons *Drop in*	**9:00am – 11:00am** Pickleball Grandview Commons
9:00– 10:00am **10:30– 11:30am** Gentle Flow Yoga SC Group Exercise Rm *Fee to participate; contact Gwynne x2441*	**10:30 –11:15am** Tune Up Time GCC Gathering Room	**1:00 –1:45pm** Resident Zumba SC Group Exercise Room **Note new time*	**10:00– 11:00am** Chair Yoga SC Group Exercise Room	**10:15 –11:15am** Strengthen & Tone SC Group Exercise Room
9:00am – 11:00am Pickleball Grandview Commons	**11:00am** Shuffleboard Tel Haven	**2:00 – 3:00pm** Strength & Balance GCC Gathering Room	**10:30 –11:15am** Tune Up Time GCC Gathering Room	**2:00 – 3:00pm** Line Dancing GCC Gathering Room
11:00am– 12:00pm Chair Yoga CWPA poolside	**11:15am –12:30pm** Ping Pong GCC Gathering Room	**3:30 – 4:30pm** Line Dancing GCC Gathering Room	**11:45am – 12:45pm** **1:00 – 2:00pm** Tai Chi CWPA *Fee to participate; contact Gwynne x2441 for more information*	**Saturday** **9:00am – 11:00am** Tennis Grandview Commons *Drop in*
1:15 – 2:15pm Strength & Balance SC Group Exercise Room	**1:15 – 2:00pm** Total Body Toning SC Group Exercise Room			***10 Myths about Aging*** Myth: Depression and loneliness are normal in older adults. Myth: The older I get, the less sleep I need. Myth: Older adults can't learn new things. Myth: It is inevitable that older people will get dementia. Myth: Older adults should take it easy and avoid exercise so they don't get injured. Myth: If a family member has Alzheimer's disease, I will have it, too. Myth: Now that I am older, I will have to give up driving. Myth: Only women need to worry about osteoporosis. Myth: I'm "too old" to quit smoking. Myth: My blood pressure has lowered or returned to normal, so I can stop taking my medication. 8/24//22
3:30 – 4:30pm Line Dancing GCC Gathering Room	**FITNESS ROOMS** Cardio and strength machines are available 24/7 to residents who have been cleared by their physician and have been oriented to the use of the rooms. Call Josh X2142 or Gwynne X2441 for information.		**Schedule Updates** **Line Dancing cancelled until 9/7. **Labor Day, 9/5: no classes. Pickleball will meet. **Watch 965 for updates.	

Josh Booker is joining the RL Wellness Team as Exercise Specialist/Personal Trainer. He will also be leading pool and land classes. Please welcome him!

PERSONAL TRAINING SESSIONS

Fee-based 1-on-1 training is available for those who want someone to motivate them to the next level, to help shed some weight or to provide solutions for their exercise goals.

Contact Josh X2142 or jbooker@telhai.org.

Contact Information

- Line Dancing: Contact Bunny 610-960-4154
- Pickleball: Contact Ron 267-664-6571 or Robin 610-850-2568
- Ping Pong: Contact Chris 484-340-0395
- Tennis: Contact Marlene 484-796-4221
- Bocce: Sign-out & obtain key in SC RBC. Replace equipment and lock bin when finished playing.

From: https://www.nia.nih.gov/health/10-myths-about-aging

Worship Schedule
September 2022

Thursday, September 1
10:00 AM Bible Discussion Group – THSR

Sunday, September 4
9:00 AM – Chapel: CWPA or Channel 968 -
Communion
Message: Chaplain David Hicks
Piano: Virginia Patchel
10:30 AM – Chapel: A/C Channel 968
Message: Chaplain David Hicks
Piano: Virginia Patchel

Tuesday, September 6
7:00 PM Men's Bible Study GR

Thursday, September 8
10:00 AM Bible Discussion Group – THSR

Friday, September 9
10:00 AM GriefShare – HCR(2)

Sunday, September 11
9:00 AM – Chapel: CWPA or 968
Message: Chaplain Tim Herr
Piano: Danton Arlotto
10:30 AM – Chapel: A/C or 968
Message: Chaplain Tim Herr
Piano: Danton Arlotto

Tuesday, September13
7:00 PM Men's Bible Study GR

Thursday, September 15
10:00 AM Bible Discussion Group – THSR
2:00 PM Catholic Mass A/C

Friday, September 16
10:00 AM GriefShare – HCR(2)

Sunday, September 18
9:00 AM – Chapel: CWPA or 968
Message: Pastor Herb Davis
Piano: Frank Starr
10:30 AM – Chapel: A/C or 968
Message: Pastor Herb Davis
Piano: Frank Starr

Tuesday, September 20
7:00 PM Men's Bible Study GR

Wednesday, September 21
10:00 AM Oberammergau Trip Presentation CWPA

Thursday, September 22
10:00 AM Bible Discussion Group – THSR

Friday, September 23
10:00 AM GriefShare – HCR(2)

Sunday, September 25
9:00 AM – Chapel: CWPA or 968
Message: Chaplain David Hicks
Music: Ruthie Stevenson
10:30 AM – Chapel: A/C or 968
Message: Chaplain David Hicks
Music: Ruthie Stevenson

Monday, September 26
11:00 AM Bible study – Jesus in the Galilee" with
Chaplain David Hicks GR

Tuesday, September 27
7:00 PM Men's Bible Study GR

Wednesday, September 28
11:00 AM Choir rehearsal for season begins CWPA

Thursday, September 29
10:00 AM Bible Discussion Group – THSR

Friday, September 30
10:00 AM GriefShare – HCR(2)

At the time of the publication of this schedule, RL residents attending any programming held in the Auditorium/Chapel are required to be screened for temperature, socially distance and wear a mask. Thank you for your understanding.